

the newham mag

ISSUE 129
22 September 2007



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Going
back in
time



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Sports
competition
finals

> **Crowds enjoy films
under the stars**





Newham Fit Club
Getting Newham more active

**Shed the pounds
over 12 weeks
for just £10!**

Have your cake and eat it with Newham Weight Matters

Newham Council has teamed up with Slimming World and The Dieting Coach to provide residents with the choice of two unique pathways to weight management.



Slimming on Referral provides members with an option for losing weight without ever having to go hungry. It encourages you to eat lots of normal, everyday foods that satisfy your appetite without having to buy special diet foods, enabling you to develop 'choice power' rather than having to deprive yourself by exercising willpower.

You'll learn to understand the reasons why you may be overweight as well as how to eat more healthily.

the dietingcoach

The Dieting Coach takes a psychological approach and invites clients to address their reasons for overeating.

You get in tune with your true hunger responses so that you know when to eat, what to eat and how much to eat at a time that is right for you. This pathway increases motivation to exercise, combats stress and there are no forbidden foods.

You will learn how to free yourself from the misery of counting calories and habitual dieting and weighing yourself.

The programme is open to all adults over 18 who reside in Newham.

For further information on joining the programme please contact Newham Fit Club on 020 8430 6628 or speak to your doctor.

www.newham.gov.uk/services/HealthAndActivity

Newham 
Primary Care Trust



the newham mag



Welcome to issue 129 of the Newham Mag. In it you'll find things to get involved with like free walks and Black History Month events, as well as a guide to getting involved in local democracy.

There's also a focus on India, a day in the life at

ExCeL London and a feature on Canning Town's past and future.

I hope you enjoy the issue.

Jen



On the cover:
Hundreds enjoyed the free open air film nights as part of Under the Stars

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Don't forget to recycle your Newham Mag once you've read it

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Look out for the next issue from October 6

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Published by the London Borough of Newham

IN BRIEF //

Annual health fair and public meeting

Newham Primary Care Trust's Annual Health Fair and Public Meeting takes place at Newham Town Hall, Barking Road, East Ham, on Wednesday 26 September from 3-6pm.

There'll be all sorts of information about local health services and things for you to try. Entrance is free.

For further information contact Robert Elliott on 020 8586 6425.

Race is on for Young Mayor of Newham

Young people across Newham are getting all fired up by the prospect of being able to become the borough's first Young Mayor and nominations have now closed.

Mayor Sir Robin Wales said: "This is a wonderful opportunity for one lucky young person who will be the eyes, ears and voice of youngsters in the borough. That person will have an important role to play amongst their peers and will help influence how services for young people in Newham are delivered."

Elections for the appointment of the young mayor will coincide with Local Democracy Week, which takes place from 15 to 19 October.

Athletes Village exhibitions

Preferred developer Land Lease and partners First Base will be holding public exhibitions of their updated masterplan for the 2012 Games' athletes village on Wednesday 26 September (at Carpenters TMO, Doran Walk, Stratford) and Tuesday 2 October (at Chandos Community Centre, Colegrave Road, Stratford) from 6-8pm.

For further information call 07770 444423 or email stratfordcousulation@lendlease.co.uk

First free Film Nights hailed a success



More than 6,000 people brought a blanket and enjoyed free outdoor film screenings in Stratford Park.

The council put on the screenings for the first time this year as part of Under the Stars, the weekend after the four-day musical extravaganza in Central Park, East Ham.

Grease, Jhoom Barabar Jhoom and Dreamgirls were shown on 7, 8 and 9 September and attracted people of all ages.

Sir Robin Wales, Mayor of Newham said: "Film Nights are a great way to bring the community together, and we should all make the most of outdoor activities before the days get shorter and colder. It's the first time we have hosted the event and it was a huge success."

Week-long operation to clean up Barking Road and encourage street pride

The police, council and partners are getting ready for a major initiative in Barking Road.

The latest Street Pride operation is called '6-2-16' (covering the postcodes E6 to E16). From Monday 24 September, the week-long operation will aim to reduce crime and anti-social behaviour and make the streets cleaner and safer through partners and the local community working together.

Spanning the length of Barking Road from East Ham to Canning Town, '6-2-16' builds on the success of the Operation Street Pride carried out in High Street North and a ward pride initiative in Beckton.

The week of action will see partners within Newham working together to address issues which affect the quality of life of local residents and business owners. Areas targeted will include uninsured and untaxed vehicles, under age sales, violent crime and street cleaning.

Councillor Ian Corbett, the council's executive advisor for crime and anti-social behaviour, said: "Together we are sending a strong message that we will invest the time and effort to make Newham a safer place."

Deputy Mayor's warning to metal thieves following accident



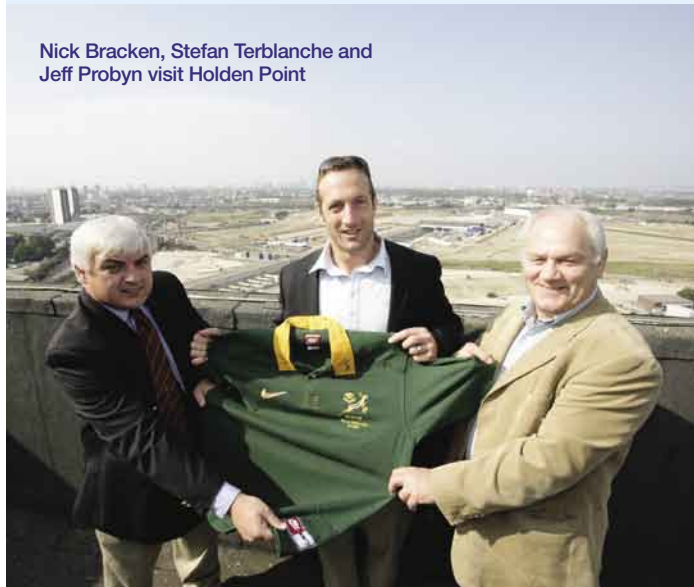
Deputy Mayor Councillor Christine Bowden has hit out at unscrupulous metal thieves who are putting people at risk from their illegal activities.

And she has warned those responsible that the council will take firm action against people who are caught stealing iron gully grates, drain or hydrant covers. The Deputy Mayor's warning comes after she suffered bad bruising to her right leg following an incident in Malmesbury Road, East Ham. She got out of her car and her right leg went down a water hydrant where the two-feet long cover had been stolen.

Anyone who sees any suspicious activity is asked to call the crime and anti-social behaviour service hotline on 0800 731 3300. To report a missing drain cover telephone 020 8430 2000.

Rugby stars view the Olympic Park

Nick Bracken, Stefan Terblanche and Jeff Probyn visit Holden Point



International rugby stars from the present and the past took the opportunity to visit the Olympic Park viewing gallery at Holden Point.

Keen rugby fan Detective Chief Superintendent Nick Bracken accompanied the players to the viewing gallery in Stratford where they viewed the work taking place in the park. Stefan

Terblanche, who has earned 37 caps for South Africa and currently holds the South African test score record of four tries, viewed the park along with England Veteran Jeff Probyn, who earned 37 caps for England between 1988 and 1993, and is from East London. He said: "When I was younger, there were no rugby facilities around this area and it was traditionally a south and west London sport. Hopefully the Olympics will really help to bring rugby to this part of the world."

Offenders give back to community by cleaning up graffiti

Young offenders were made to clean up areas of Green Street where residents felt unsafe as their way of giving back to the community.

It was part of the police's Community Payback scheme, supervised by the Green Street West Safer Neighbourhoods Team and London Probation Service.

Four streets were highlighted by members of the community as being roads that they felt unsafe to be in. This was mainly due to the amount of graffiti that had been written on walls.

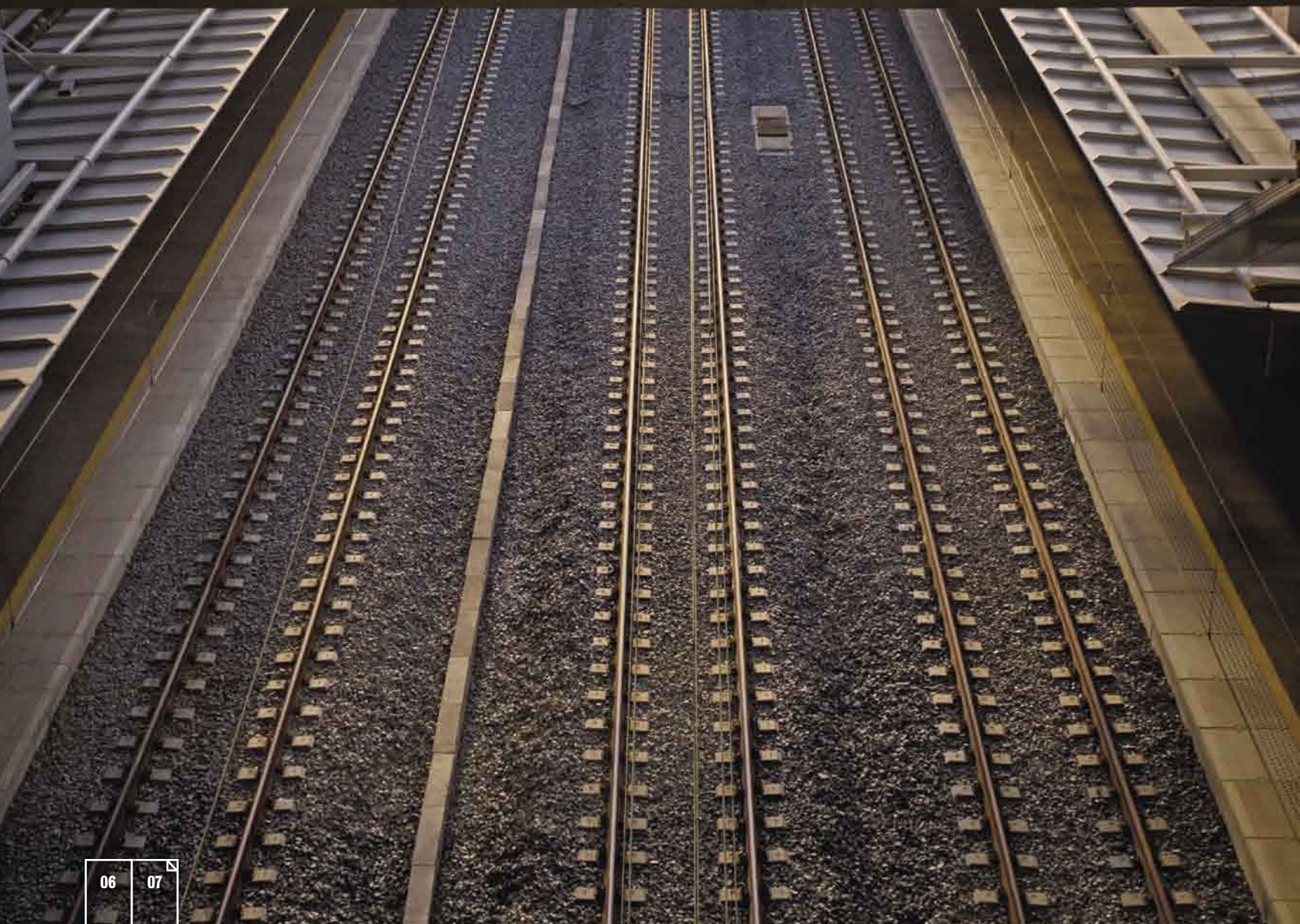
On 12 September, seven offenders started the task of removing this graffiti.

Sgt James Hay, said: "Operation Community Payback brings a real opportunity for Safer Neighbourhoods Teams to have an immediate and visible impact on areas highlighted by local residents as roads they feel unsafe in, and helps us to reduce crime and anti social behaviour on our wards."



NEWS // IN PICTURES

The launch of Open House
London weekend at the new
Stratford International Station.



NEWS // IN PICTURES

1 Players training at East London Rugby Football Club. **2** A rainbow over Newham from the top of Holden Point. **3** Plane spotters by London City Airport, Royal Docks. **4** Film-goers at one of the Under the Stars outdoor screenings.





Mayor's diary

with Sir Robin Wales



Live Life to the Full!

You don't have to be young and sprightly to enjoy the activities that Newham has to offer. Stratford Park was host to Live Life to the Full recently, and it was all about the older generation getting together and having some fun, while keeping active. Tai-chi, painting, bowls and tennis were a few of the things us oldies got to try out and everyone had a great day. Read more on page 31.

Community Forum Sports Competition

Congratulations to everyone who competed in the Community Forum football and athletics competitions at West Ham Park recently. It was great to see people of all ages get out onto the track and field and live life!



Summer events

As the last of the summer days have come to an end, so have our wonderful array of events that have brought the community together throughout the summer. Thank you so much to everyone who made these events a brilliant success and I am looking forward to seeing you at the fireworks in November.



Bfm Black International Film Festival (BIFF)

I opened the Black International Film Festival on 6 September, which has come to Newham for the month and gives talented black filmmakers from the UK and around the world the opportunity to showcase their talent. I hope everyone gets to see some of the exciting films.

bfm international film festival



The birth of this beautiful baby calf came at a good time to mark the 30th anniversary of Newham City Farm this summer.

The council-owned farm in Beckton was established in 1977 by Reverend Roger Sainsbury and Dave Webster, an ex-lighterman from the Royal Docks. The grand opening was attended by Princess Anne.

These days the farm is more popular than ever, with Blaze the shire horse just one of its well known residents.

Farm history

In 1995, the London Docklands Development Corporation invested £280,000 in developing the farm, expanding the field space and converting a sports pavilion into the Newham City Farm Visitor Centre, which is used by local groups and schools.

During the foot and mouth disease outbreak of 2001, the farm closed from

February to September. Around this time, Plashet Zoo also closed for the same reason and the decision was made to move all the birds and animals from there to the farm, amalgamating the two. A major rebuild included a new pig area and bird aviaries to accommodate the finches and birds of prey from the zoo.

Princess Anne attended the farm for a second time to commemorate its 25th birthday in 2002.

The farm continues to be very popular with children and adults alike, giving residents a unique opportunity to experience a slice of the countryside in the heart of Newham. The annual sheep and wool day always attracts big crowds.

Theresa Salmon, farm manager, says: "I am pleased to say that the farm continues to be a very popular community resource, thanks to a committed staff team. We are well used by local families for a day out with a difference, our

educational activities are popular with schools, and we continue to expand our work with adults with disabilities in addition to our volunteering schemes. Roll on the next 30 years!"

Newham City Farm

Stansfeld Road

Beckton

E6 5LT

Telephone: 020 7474 4960

Opening hours

Summer: Tuesday-Sunday, 10am-5pm

Winter: Tuesday-Sunday, 10am-4pm

Closed: Mondays, except bank holidays

Admission is free.

30 years of farm fun



Planning for a bright future in sales



ExCeL London is one of the biggest exhibition spaces in Europe and it's a great place to work, says Newham-born Caroline George.

The 22 year old landed a sales and admin post there after graduating with a business studies degree. Caroline organises leasing out space to companies holding shows and conferences at the spectacular venue in London's Docklands.

"My job title is Sales Planning Support

because there is a lot more to my job than filing and typing," she explains. "It's a really interesting role."

When ExCeL hosts huge events like The British International Motor Show and the London Boat Show, it takes up to a year's hard work behind the scenes to make sure everything runs smoothly, and that's where Caroline comes in.

"Sales planning support is the beginning of the process," she says. "My department deals with the initial stages

of contracting an event, we organise how much space is needed before passing it on to an events manager."

Caroline's job is hectic and requires excellent organisational skills: "I start the day by looking at my diary, I need to manage my time well so I identify what's important and get those tasks done first.

"I attend daily meetings to keep me up to date with what events are going on and coming up within the venue. Then I write the reports from the meetings and



maintain the database.”

Despite being rushed off her feet, Caroline loves her job. “I can say with all honesty that there isn’t anything I don’t like about my job. The people are great at ExCeL,” she says.

“They’re always asking if you’re okay. They’re very approachable and that’s important because it’s all about good communications. Everyone needs to know what’s going on in every department or the events wouldn’t happen.”

Seeing a show up and running is the ultimate reward for Caroline: “We recently held a Star Wars show and there were a lot of things that needed to be tweaked before the big day, like setting up extra rooms, but it was a big success.

“It was amazing seeing lots of people of all ages dressed up like their favourite characters. We even had celebrities signing autographs. I didn’t meet any but I did see Darth Vader!”

Another perk of the job is being based

on the waterfront at Custom House: “It’s a great location with an amazing view, I can walk along the dockside in my lunch break and see the Dome and Canary Wharf. I love being away from the rat race, it’s so clean and modern.

“I was lucky to get this job as soon as I graduated and I’ve learned a lot since starting here two months ago,” says Caroline, who believes staying focused on your dream career and researching it well is the key to bagging the perfect job.

“Focus on something that you enjoy,” she advises. “I knew business studies would be good for a career because it’s such a broad topic involving management, marketing, HR and communications and I’m interested in all those areas.”

“I knew business studies would be good for a career because it’s such a broad topic involving management, marketing, HR and communications and I’m interested in all those areas”

Caroline took advantage of careers advice at school and got a work experience placement in HR administration. “Work experience shows you are serious about getting a job and it was a big wake-up call about what the real world of work would be like.”

Caroline adds: “I was hoping to land a good job after uni, but I didn’t expect it to happen. It just shows what can happen when you just go for it. If I can do it, anyone can do it!”

ExCeL London

One Western Gateway
Royal Victoria Dock
London E16 1XL
www.excel-london.co.uk

For details of internships and vacancies at ExCeL see:

www.exhibition-conference-centre.co.uk



india's treasures

Newham celebrated with India last month to mark 60 years of independence. From Bollywood to Ghandi, the largest democracy and sixth biggest country in the world holds a rich history of culture and tradition and shares strong links with Newham.

Things you might not know about India

The official Sanskrit name for India is Bharat.

The name India is derived from the River Indus, the valleys around which were the home of the early settlers.

The number system was invented by India. Aryabhatta was the scientist who invented the digit zero.

Chess was invented in India.

The first six Mogul Emperors of India ruled in an unbroken succession from father to son for 200 years, from 1526 to 1707.

India is the largest democracy in the world and the sixth largest country in the world.

The world's highest cricket ground is in Chail, Himachal Pradesh. Built in 1893 after levelling a hilltop, this cricket pitch is 2,444 metres above sea level.

India has the most post offices in the world.

The world's first university was established in Takshila in 700BC.

Until 1896, India was the world's only source for diamonds.

Daal Curry

Newham's Civic Ambassador Councillor Omana Gangadharan shares her traditional recipe for Kerala daal curry.

"This is a typical Kerala dish, included and served at all festive occasions on a banana leaf," says Omana. "It is accompanied by around 15 vegetarian curries, different sized poppadoms, small bananas and fried savoury items."



Ingredients

- > One cup of moong daal (washed)
- > Five and a half cups of boiling water
- > One cup of freshly grated coconut
- > Half a teaspoon of cumin
- > Half a teaspoon of turmeric
- > 1-2 cloves garlic
- > 2 green chillies
- > One small stem of curry leaves
- > Ghee or butter
- > Salt to taste
- > Roast the daal on the hob until slightly brown. Add the water and simmer.
- > When three-quarters cooked (around 30 minutes) take off the heat.
- > In a separate pan, add the garlic, coconut, cumin, tumeric and chopped chillies. Grind the mixture to a paste.
- > Mash the daal into the paste and add a few curry leaves.
- > Bring to the boil and add two teaspoons of ghee or butter.
- > Serve accompanied with rice and poppadoms



Smyths Toy Superstores opening soon near you

Are you looking for a fun filled career? Are you ambitious, hard working, energetic and reliable? If you are SMYTHS TOY SUPERSTORES have the perfect position for you.

Smyths Toy Superstores are an established, and rapidly expanding toy retailer specialising in toys, software, and nursery products. Smyths are opening a number of new stores in Greater London over the next few months.

Our new store opens at Galleon's Reach, Beckton in mid October, and we are looking for people to join our team.

We wish to fill the following positions:

- **Full and Part Time Sales Staff**
- **Warehouse operatives**

A minimum hourly rate of £6.00 applies to all staff

If you think you have what it takes to become part of the Smyths Toy Superstore team in Beckton please send your CV, or career details to date to the following address,

Personnel Manager

Smyths Toy Superstore

The James Estate Or email your CV to: smythsmitcham@hotmail.co.uk

Bond Road

Mitcham

CR4 3EB

Step towards a brighter future



Enrol on our wide range of professional and introductory part-time courses

Courses include:

- Access to office skills
- Accounting
- Arts
- ILEX paralegal studies (level 2)
- Office administration
- Languages
- Media - October starts
- Management
- ILM* (level 2 & 3)
- Marketing
- CIM* (intermediate level)

January and April starts available

For more information call

020 7473 4110

We also offer bespoke training to businesses and have state of the art facilities, conference rooms and spaces for hire in the heart of Stratford. For more information about these facilities call Stratford Circus 020 8279 1000 or NewVic Stratford 020 7540 0680.



*ILM - Institute of Leadership and Management *CIM - The Chartered Institute of Marketing

www.newvic.ac.uk



Plaistow Prince Regent Lane E13 8SG (opposite Newham General Hospital)
Stratford 379-381 High Street E15 4QZ (next to Discovery Centre)

REF:PTDRIVE1

Building communities in partnership



Newham Council has a vision – by 2012, to make Newham a major business location and a place where people will choose to live and work. Much work has been done towards achieving this goal, but more needs to be done to create:

- A better environment
- An active and inclusive community
- A safer Newham
- Access to jobs
- A healthier population
- Investment in young people

It is recognised that to deliver the services that will reach our diverse and vibrant community there needs to be a greater partnership with a wide range of service providers previously offered under a range of council grant programmes.

Newham Council would like to invite the not for profit sector to an information session from 6-8pm on 27 September at The Old Town Hall, 29 Broadway, E15 4BQ.

If you are interested in attending please contact:

Stephen Collins
London Borough of Newham
Culture and Tourism, Community Support Unit
292 Barking Road, E6 3BA
Tel: 020 8430 2433

Email: stephen.collins@newham.gov.uk

Further information

www.newham.gov.uk/councilfunding

Your guide to...

Getting involved in local democracy

Contacting your local councillor or the Mayor

Councillors hold regular surgeries. Please check the council website at www.newham.gov.uk or call 020 8430 3012 for further information.

The Mayor also holds regular surgeries and details can be found at www.newham.gov.uk/MayorSurgeries

He also holds Question Time events where he takes open questions from an audience. Details can be found at <http://mayor.newham.gov.uk>

You can contact the Mayor's Office on 020 8430 2103.

How can I get the council or a committee to consider my views?

Most major decisions are made at meetings, which are open to the public. Everyone has the right to attend meetings of the council its committees and sub-committees.

You can make your voice heard in various ways, from speaking at meetings and handing in petitions (provided you follow the correct procedure) to talking to your local ward councillor.

Even if you can't attend a meeting, you can see the papers relating to decisions

made by the Mayor, the council and its committees.

The Forward Plan

The Forward Plan gives information on major issues the Mayor or council officers will be considering and making decisions about over the coming months. It covers the coming four months and is published monthly. By checking the Forward Plan you will be able to find out when, how and where any consultation is taking place and ensure your voice is heard. Look out for regular Forward Plan updates in the *Newham in Focus* section of the Newham Mag in the near future.

Obtaining copies of meeting papers and the Forward Plan

Copies of all agendas, minutes and reports considered at meetings, as well as the Forward Plan, can be viewed online at www.newham.gov.uk and hard copies are available at libraries, Local Service Centres and the Town Hall in East Ham.

Planning applications

The Development Control Committee decides major planning applications. Objectors, and those applicants whose

plans are recommended for refusal, may wish to speak at these committee meetings. If you wish to speak on an application you must contact Member Services on 020 8430 3401 and ask to see the relevant report, which is published at least five working days before the meeting.

Use your vote

You must be on the Electoral Register to be entitled to vote at elections. Forms are sent to every household once a year between August and December.

Young Mayor

The search is on for Newham's first Young Mayor. For more information visit www.newham.gov.uk/young-mayor

Don't miss your chance to voice your opinion

Newham Council needs your views

You may have been contacted recently by a company called Ipsos-MORI to take part in a *Living In Newham* survey.

If so, please accept the invitation to be interviewed.

This is one of the most important surveys carried out in the area and the only one in Newham which has been following the same households over the last five years, as well as adding new households to it.

Living in Newham, otherwise known as the Newham Household Panel Survey, follows residents in the same Newham addresses over time to improve our understanding of how their social and economic circumstances change.

This survey seeks to answer questions such as who stays in poverty, who moves out of poverty and why? And which households or individuals move within and outside of the borough and why?

It is designed to be representative of the borough's population and includes people in around 1,000 randomly selected households.

What the survey tells us

Results from *Living in Newham 2006* are now available at www.newham.info. With four years' worth of data we are starting to get a much clearer idea of changes occurring in the lives of Newham residents, and this knowledge is helping us plan services more appropriately, to improve quality of life for local people.

The fifth year of the survey has just started. If you or members of your household are asked to take part, please spare the time to do so. The project relies on your help and you will be providing vital information for future planning decisions in Newham.

If you want to find out more please call **020 8430 3480**.

FINDINGS OF THE SURVEY

The poverty rate in Newham has fallen in the last four years.

The rate of poverty of children in these households has fallen by 17 percentage points.

Poverty is still high in Newham at nearly twice the rate of London and Britain overall.

Being employed is the most important factor in helping people to leave poverty, but in order to stay out of poverty they need to earn a regular income and increase their income.

Over the last four years, the proportion of people preferring to stay in Newham has been increasing.

Most young people in Newham have high self-esteem and are motivated to do well in their lives, despite the fact that many live in economically deprived households.

CONSTRUCTING A NEW COMMUNITY

A £2.5billion scheme is underway to build 8,000 new homes, a health centre and a library in Canning Town and Custom House. Ray Scull, project manager for construction firm, Higgins, is busy turning exciting regeneration plans into reality. Ray, who grew up in Canning Town, hopes the changes will revive the community spirit he felt as a young East Londoner.

"If people are living in a quality house they feel better and won't let it become rundown. It should create a community like when I was growing up in East London. Everybody knew everybody and if I was naughty someone would tell my parents. The community's broken up now but I think in a few years time the area will change as the next generation of kids grow up."

Ray now lives in Kent but he has strong family ties with the area. "My dad, granddad, step-granddad and uncle worked in the docks at Canning Town. My nan and granddad had a corner shop in Star Lane and knew everyone."

Ray's great-uncle, who was an air raid warden during the war, is also fondly remembered by locals: "My mum's maiden name was Tant. She told me her uncle was involved in a school that was bombed here. He got some school children out just in time before it blew up. There is a street called Tant Avenue named after him."

"If people are living in a quality house they feel better and won't let it become rundown. It should create a community like when I was growing up in East London"

Ray's overseeing the building of high-specification apartments and traditional terraced housing in Crediton Road. The new housing will be a mix of shared ownership and rented accommodation. It's set to transform the area that lies just yards from Freemason's Road, where his mum grew up.

Ray's parents lived in a Nissen hut (a bomb shelter made of corrugated metal) after the Blitz, so he knows the difference quality housing can make. "There was no housing as everywhere had been bombed. When I was young there were still a lot of bomb sites around with the debris of old houses."

Building on land that was heavily bombed

in World War II has its challenges. Flying bombs peppered the soft marshy land so Ray has to carry out special surveys with an explosives engineer. "Some of the bombs are as big as buses and the incendiary bombs look just like a piece of scaffold pole so we have to make workers on our sites aware of them," he says.

After taking a battering in the Blitz, the area was dealt another blow when the docks went into decline in the 1970s.

"As the docks have died now the area's changed," says Ray. "When I was a boy there were pubs outside every dock gate. A lot of the pubs have become blocks of flats but in this area three pubs are just sitting boarded up. The pubs are where the community used to meet."

"I can remember going in The Iron Bridge Tavern and The Bridge House pub when I was a teenager. The Bridge House always had rock or punk bands on and there was so much entertainment. Every morning, Silvertown Way was full of women in green overalls and hairnets walking up to Tate & Lyle. Everything was about manual labour then. We've got shops but factories, industries and trades are dying out."

Ray's keen for local youngsters to explore manual trades: "Higgins are working in partnership with London and Quadrant and Newham Council. We have to achieve a percentage of local workforce, so we're employing people from this area and creating jobs for them. We also have a sum of money allocated by London and Quadrant to put towards paying for apprentices to work on the scheme. They get to do their training right through the construction industry in carpentry, plumbing, electrical and decorating. They're great skills because everybody needs houses."

He adds: "My parents drummed it into me that if you get a trade you'll never be without work and it's true. I've never been out of work since I left school."

To find out more about learning new skills for industry contact Workplace on 020 8430 4331 or visit www.newhamworkplace.co.uk



Growing old is inevitable but poor health shouldn't be!

Ageing increases the threat of heart disease, diabetes, stroke, depression, osteoporosis (fragile bones), arthritis and rheumatism. As we age, the risk of developing progressive diseases like Parkinson's and Alzheimer's (or dementia) also increases.

Keeping the body and mind active can help prevent mental and physical illnesses in later life.

Mental illnesses commonly affecting older people

DEPRESSION is the most common mental health issue in later life. 2.4 million older people (1 in 4) in the UK have depression. Speak to your GP if you are experiencing anxiety, weakness, lack of interest in food or social activities and poor sleep.

Tip Doing voluntary or paid work, spending time with family, friends or pets makes us feel valued and respected, contributing to good mental health.

DEMENTIA describes the symptoms that occur when the brain is affected by diseases

and conditions such as Alzheimer's and stroke. Symptoms include memory loss, confusion and speech problems.

Tip Keep the brain active by learning new skills, doing puzzles and reading. Include oranges and steamed broccoli in your diet, they containing vitamin C and folic acid, thought to protect against Alzheimer's.

Staying healthy

See your dentist, optician and chiropodist regularly. Get screened for diabetes, blood pressure, blood cholesterol and breast, bowel and prostate cancer.

Eating sensibly helps maintain a healthy weight, strong immune system, regular bowel movements, and cuts the risk of heart disease, diabetes, stroke and osteoporosis:

- > Foods rich in calcium and vitamin D (oily fish, green leafy vegetables) can prevent osteoporosis
- > Oily fish contains fatty acids and vitamins that help prevent blood

clots and heart attack

- > Stop smoking and reduce alcohol, salt, sugar and saturated fat intake

Keeping active

Low-impact activities like walking, gardening, playing golf or bowls, dancing and yoga can improve circulation, flexibility, co-ordination, balance (to prevent broken bones from falls) and help you sleep better.

Aim for 30 minutes three to five times a week (seek advice from your GP before starting any new exercise routine).

Older people are well looked after in Newham

Newham Hospital and Primary Care Trust offer a host of older people's services. The East Ham Care Centre, East Ham Day Hospital and the Cazaubon Unit all offer services for continuing care and medical respite patients, from assessment and treatments to recreational and social activities.

Home Rehabilitation Service (HRS) is a community based intermediate care team who offer services to people in their home.

For further details regarding referral to the service please contact Derrick Rainey, lead nurse manager on 020 8475 2005.

If you are aged 60 and over don't forget to apply for your freedom pass which gives you free travel on public transport. You can apply for a pass at any main Post Office. Look out for warm centres opening their doors in the winter. Check out What's on listings for over 50's events happening in Newham.

Improving care for older people

Newham NHS is launching a project aimed at improving the

care of older people.

A successful workshop on age discrimination with hospital staff and members of the Older People's Reference Group highlighted the concerns of older patients, which are being addressed.

Among the aims is including older people in the planning, delivery and evaluation of their care and rehabilitation.

Communication between staff and patients will increase, with the introduction of a named nurse system on the older people's wards.

There are also plans to develop new ways of working that encourage person-centred care and rehabilitation, and nurse training on caring for dementia and rehabilitation patients so care can continue 24 hours a day.

Brian Sinclair

"I've been well taken care of at Newham. The nurses have been nice and treated me with respect. Also, the ward is kept clean and tidy and the food is good with enough of a choice. I think Newham is a good hospital where you are well looked after."



Joyce Gentry

"Newham is a good hospital to come to. One of my neighbours has recently been into Newham for an operation and they spoke well of the hospital. The care has been good and the doctors have kept me well informed."





Get together and

Get Together and Go is your chance to be part of Newham's growing community of walkers.

To start you off we've organised five different walks for separate days in September, October and November. Each is planned to lead you through some of the most interesting parts of the borough. You don't need special clothes to take part, just comfortable shoes.

The first four walks will take place in parks around Newham. All you need to do is turn up and register on the day. There's a free snack lunch for all who register and complete the walks. You can also have a free health MOT if you want it, and there'll be a bouncy castle and face painting for kids.

When you've finished the walk, we'll present you with a certificate to mark your achievement and everyone who takes part will receive a log book to record their favourite walks.

Registration for each of these walks is between 11.30am and 1.30pm. Lunch will be served between 12.15pm and 2.30pm (subject to availability).

3km

Saturday 22 September

Memorial Recreation Ground, Memorial Avenue, Stratford E15

Sunday 30 September

Canning Town Recreation Ground, Prince Regent Lane, Custom House E16

Saturday 6 October

Plashet Park, Plashet Grove, Forest Gate E7

5km

Saturday 20 October

West Ham Park, Upton Lane E7

go...

Once you've completed these walks you may feel ready for a bit more of a challenge. Our fifth walk is 10km, starting at Thames Barrier Park in North Woolwich Road and following a route along the docks. You do need to pre-register for this walk, either on the website or by phone and there is a small registration fee of £10. Everyone that finishes will receive a goodie bag.

Whether you run, jog or walk your way around, you'll find it a great way to meet people and discover Newham.

Further details of the Newham Get Together and Go walks and information on pre-registration for the 10K walk can be found at www.newham.com/2012Games or by calling **07983 579 236**.

Registration is for people aged 16 or over, but anyone under 16 can follow the route.

Give it a go. Walking doesn't cost anything, but the gain can be worth a fortune!

Why Walk?

When you walk you'll see all kinds of things that just flash by from a car or a bus. Newham has lots of open spaces full of wildlife.

Autumn is also when horse chestnuts start to drop their spiny green cases containing shiny brown conkers and the leaves start turning from green to gold and red.

Walking is a great social activity for your friends. Join up together and have a good chat along the way.

And to top it off, walking is healthy.

Getting started on walking is all about changing habits. Rather than spending 30 minutes watching TV, get out in the fresh air with your friends and take a stroll around the local park. What matters most is that you make the effort and get your mind and body accustomed to a different, healthier way of life.

get together
and go
run or walk, meet and talk

Shango Baku performing
as Ira Aldridge



Black History Month

Every year Britain celebrates black history throughout October. This year there will be a special celebration as 2007 marks the bicentenary of parliament's decision to abolish the slave trade in the British Empire.

There will be events happening in libraries across Newham, open for people of all ages to get involved. As well as information on the slave trade, there will be celebrations of African dance, music, food and culture, along with some fascinating stories of the black presence in East London over the past 500 years.

Shango Baku

Shango Baku, International Rastafarian writer and artistic director of CETTIE (cultural exchange through theatre in education), will be bringing us his much acclaimed play the **Splendid Mummer** on the life of Ira Aldridge (1807-1867).

Ira Aldridge made his name as one of the most decorated and celebrated actors on London's theatre circuit. As one of the only 'actors of colour' around at the time, Ira was much despised by the pro-slavery faction.

"It's a brilliantly woven tapestry that has all those wonderful elements of hope, quest, desire, love, success and failure within it," says Shango. "His ability to achieve what he did at a time when blacks were considered inferior, to take on and perform with excellence the great classic roles of Shakespeare, was to be an abolitionist on stage."



Mario Lopez

Mario will be performing an African dance, music, and culture session for children at Custom House Library. Mario is a dance teacher and storyteller who began performing to raise awareness of African heritage in Cuba.

"The performance involves a mask and prop making workshop with a professional artist and a story telling session where the masks and props come to life," says Mario. "The children love the event because they are involved from beginning to end."

The Wickedest of Cargoes Exhibition

This exhibition commemorates the 200th anniversary of the Abolition of Slave Trade Act. The Bicentenary gives us the opportunity to remember the millions who suffered, and pay tribute to the courage and moral conviction of all those, black and white, who campaigned for abolition.

The exhibition also focuses on the borough's links with the slave trade, from the docks to people linked to the trade and the fight for its abolition, and the people who came to the borough from the Caribbean after the abolition.



Free events in Newham libraries

Black Eastenders

Interactive session for children by Steve Martin looking at black presence in East London over 500 years

Beckton Globe Library

3 October, 10-11.30am

The Gate Library

4 October, 10-11.30am

Mario Lopez

Mario Lopez, storyteller and dance teacher, presents African dance, music, story telling and mask making for children

Custom House Library

6 October, 12noon-2pm

Music for Change

African storytelling with drums, music and dance for children

Stratford Library

9 October, 11am-12noon

Health and Wellbeing

Health talk on sickle cell and thalassaemia by health professionals

Plaistow Library

18 October, 2-4pm

Splendid Mummer

Cultural exchange through theatre in education (CETTIE) presents a play featuring the life of Ira Aldridge with discussion on abolition and the transatlantic slave trade

Stratford Library

22 October, 6.30-8.30pm

Paul Gilroy

Black Britain

- A photographic History

Newham Libraries in partnership with Newham Bookshop present best selling author Paul Gilroy who will talk about his latest book

Stratford Library

25 October, 7-8.30pm

Music for Change

Caribbean story telling with music and dance for children

East Ham Library

30 October, 1.30-2.30pm

The Wickedest of Cargoes

An exhibition to mark the abolition of the transatlantic slave trade

East Ham Library,

1-15 October

Stratford Library,

17-31 October

India Now

An exhibition on history, culture and religions of India organised by the Royal Geographic Society

Green Street Library,

1-31 October

Also, look out for displays of black interest books in all libraries throughout October.

For further details please

contact Anjali Das on

020 8430 3650 or email

Anjali.das@newham.gov.uk

www.newham.gov.uk



Volunteering reaches **1,000th milestone**

Newham's Volunteers will be celebrating this month after training its 1,000th volunteer.

Newham's Volunteers has been running for two years, training local people up to take part in fantastic events across the borough, making a difference to local projects and giving them valuable skills.

The MOBO Awards at the O₂, Olympic walks, the Black International Film Festival and the London Triathlon are just some of the events Newham's Volunteers have been involved in.

Many who take part in the programme will go on to volunteer at the 2012 Olympic Games, a once in a lifetime opportunity.

Ahmed Hussain, who is studying media studies at university, is one of the first 1000 volunteers and has enjoyed many of the volunteering opportunities in Newham.

Ahmed first became interested in volunteering after attending the Mayor's Newham Show in 2005, where he noticed the strong presence of volunteers getting involved with different activities.

"I saw so many volunteers doing lots of different tasks that looked like fun. I approached one of them to ask about how

to get involved and was directed to the Newham's Volunteers information stall. I went over, signed up and started volunteering."

Ahmed's first assignment was The British Motor Show at ExCeL London.

"This was my favourite event as there were so many different activities for me to do. I gained experiences in different areas from taking part in the exhibitions during the day to helping out with the concert in evening.

"Through this event I met so many people and managed to keep really active over the five days."



Volunteering allows you to give something back and make a difference to projects you care about. Newham's Volunteers not only offers fantastic volunteering opportunities at high profile events, the programme also offers training to help volunteers develop skills and feel empowered for the future.

For further information about Newham's Volunteers please contact us on 020 8430 3598, at volunteers@newham.gov.uk or by visiting www.newham.com/volunteers



Opening This Autumn in Newham!!

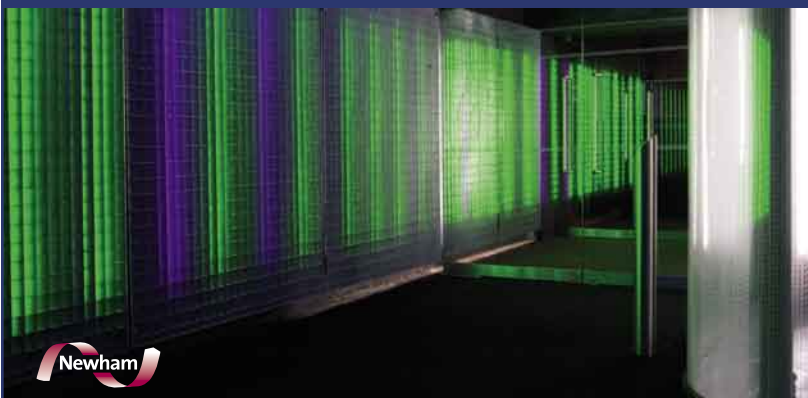
New community Resource & Outreach Support Service for Adults with Learning Disabilities offering:

- * Sensory Stimulation * Recreation & Therapy * Community Access
- * Support with Daily Living & Occupational skills
- * Flexible Hours * Mon - Sun service *

For information, please contact:

admin@br3akfree.co.uk or tel: 0700 3400 589

Training & Conference Facilities:



Newham's Professional Development Centre to hire for meetings, training, seminars & events.*

- 15 rooms for groups of 6 – 150
- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
- off-street parking for 120 cars
- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

*Not available for party hire.

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Would you like a helping hand or practical & emotional support at home?

* WCW is a solution to the disadvantaged people in the community. Have you lost your partner or been discharged from medical care and are finding it difficult to settle back at home successfully?

* Are you an older person, isolated and lack adequate social networks?
We want to befriend and mentor you to make a difference to your life.

* We will visit you weekly to provide you with support to help you re-establish your confidence again.

* Are you keen on losing some of those extra kilos or you just want to feel good and regain your confidence? Why not join our WALKING CLUB?

Please contact - Emily Omueda-Oghogho (Project Manager)
0207 059 0275 / 07983 283 171

Your Health Your Career

Working Towards
The Olympics



- ☒ Free health MOTs
- ☒ Free health information
- ☒ Advice on benefit claims
- ☒ Free career advice and job opportunities
- ☒ Volunteering opportunities for the Olympics
- ☒ Creche by Discovery in Stratford.

Date: Saturday 29th September 2007
Opening Time: 12noon
Venue: Old Town Hall, Stratford.

A social portal for health and careers in Newham. Come and see what there is for you.

Supported by
Newham Council; Trinity Chapel @ The Leadership Centre; Newham PCT and Newham University Hospital

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ARMY
In the City

Newham
Primary Care Trust

NHS

COMMUNITY EMBRACES SPORTS CHALLENGES

It was a nail-biting finish in the finals of the inter-Community Forum football competitions on Saturday 8 September at West Ham Park.

With some 300 players wearing vibrant LIVE LIFE T-shirts and music cranking from DJ Blizzard, the energy was overflowing.

Two of the finals ended in a penalty shoot-out with throngs of players and spectators egging on their teams.

And when the last whistle blew it was Plaistow Community Forum that took home three of the four winners' titles. Check out the scoreboard below for the results.

Newham Mayor Sir Robin Wales, said: "The atmosphere was simply amazing. It was great to see so many

people brimming with such passion and enthusiasm for the game and also for representing their Community Forum area."

Ashley Ocran, 14, played for the victorious Bush Warriors. He said: "I was inspired by all the young people here today for Newham. It was a great feeling in my heart to win."

The event also included athletics races, with ex-Olympians Tessa Sanderson and Tony Jarrett on hand to give out coaching tips and scout for local talent in the build-up to the 2012 Games.

Tessa spotted several potential athletes and said: "We want to get to the wider community and to identify talented people from different sports. An event like this is good to see kids relaxed in their own environment."

The finals day was the culmination of a series of inter-Community Forum sports competitions, which saw more than 1,500 young people and adults take part.

And with such a fantastic turnout it's likely that there'll be more sports competitions in store for the future!

SCOREBOARD

8-11 year olds

Little Kickers
(Plaistow Community Forum)

1

0

King Street Boys
(Custom House & Canning Town
Community Forum)

12-14 year olds

TMT 15
(Royal Docks Community Forum)

0

1

Bush Warriors
(Plaistow Community Forum)

15-17 year olds

Canning Town YIP
(Custom House & Canning
Town Community Forum)

ON
PENS 7

0 ON
PENS

Newham All Stars
(Plaistow Community Forum)

Adults

Stratford Thursday
(Forest Gate Community Forum)

ON
PENS 2

0 ON
PENS

Cranes United
(Stratford Community Forum)



(Clockwise from top left) Take your marks, get set.....Councillor Richard Crawford joins Newham Sports Academy coaches Tessa Sanderson, Tony Jarrett and Richard Gyesie and youngsters on the start line; it's a close save in the penalty shoot-out for Canning Town Youth Inclusion Project's agile keeper; Stratford Thursday from Forest Gate Community Forum are thrilled with their win; Mayor Sir Robin Wales and Newham's community lead councillors embraced the Live Life campaign at the Community Forum sports competitions; Little Kickers, winners of the 8-to-11 age group.



NEWHAM

>> IN FOCUS



FREE health checks

Wednesday 26 September, 10am to 12noon

St. John's Community Centre, North Woolwich E16 2JB

Come and have the following checks for FREE: height and weight, blood pressure, blood sugar levels, cholesterol levels, advice on a healthy diet and exercise.



Mayor *bowled* over by **Indian** cricket stars

Howzat! Mayor of Newham Sir Robin Wales got some batting tips when four of India's cricket stars visited the Town Hall in **EAST HAM**.

Star wicketkeeper Mahendra Dhoni, bowlers Munaf Patel and Rudap Pratap Singh and batsman Robin Uthappa took time out between one-day matches with England to pass on tips to youngsters and fans.

They met the Mayor and took tea with Civic Ambassador Councillor Omana Gangadharan and Councillor Unmesh Desai, Newham's cabinet member for community intelligence. The stars autographed bats that will be used to raise money for the civic ambassador's chosen charities.

Sir Robin said: "When we heard these four big stars were paying a visit to Newham we just had to invite them to the Town Hall."



CIVIC AMBASSADOR MEETS ARMY CADETS

Civic Ambassador Councillor Omana Gangadharan met young cadets during a visit to the City of London and North East Sector Army Cadet Force annual camp in August.

Here she is pictured with cadets from 43 Cadet Battery Royal Horse Artillery based at Vicarage Lane, East Ham, and 46 Cadet Company The Rifles, based on The Cedars Portway, Stratford.

SAFER NEIGHBOURHOODS UPDATE



GREEN STREET East Safer Neighbourhoods Team is combating a seasonal rise in robberies with patrols late into the night by uniformed and plain clothes officers. They have also been giving advice to members of the public during rush hour about how to reduce their chances of becoming a victim of crime. They are also urging people not to hand money to beggars in the street. Sgt James Hay said one beggar collected £700 in the Green Street area over just two weeks, and warned that the money often goes to fund drug and alcohol habits.

The **WALL END** team have helped set up a new Neighbourhood Watch in Holland Road, East Ham. More than 60 residents expressed an interest and an initial meeting took place at St Paul's Church on 5 September. Sgt Rob Bills said: "We have had a fantastic response from residents. Yet again, the people of Wall End showed their commitment to community life."

The **CANNING TOWN SOUTH** team assisted in closing a suspected crack house in Ling Road, E16. Complaints had been received from local residents about the property, concerned about the activities of visitors to the address. Evidence was presented at Stratford Magistrates Court where a closure notice was granted. On 29 August, the tenants were evicted.

Become an AIR CADET

How would you like to go gliding, flying, camping, rock climbing, take part in RAF visits in the UK and abroad, or learn to play a musical instrument?

Why not think about joining the Air Training Corps?

The 338 West Ham Squadron is based at the TA Centre, Portway, **STRATFORD**. Its members parade on Mondays and Thursdays from 7-10pm and are aged 13 to 17.

To find out more, call 020 8472 4525.

Designer bag winner



Plaistow resident Debbie Callender made a pledge to help change the world and won a designer shopping bag.

Debbie made her pledge in the Live Life Big Top at the Mayor's Newham Show and didn't realise that she was also entering a prize draw for the famous Anya Hindmarch 'I'm not a plastic bag' shopper. She was presented with her prize at Queens Market, where traders Neil and Eddie Stockwell filled the bag to bursting with fresh fruit and veg.

"I saw the invitation to make a pledge to

change the world and wanted to make a difference. We already recycle at home and I thought it would be a good idea to reduce the amount of waste we produce as well," she said. Debbie would like to see fewer disposable bags used for shopping, and pledged to decline plastic bags wherever possible.

Newham Council and the Community Links 'We are what we do' campaign jointly presented a Change the World display at the show, encouraging people to make small individual changes in lifestyle that could result in big changes for the world. Hundreds of people picked up guides and talked to staff about some of the ideas for helping to create a better a better world for everyone. Recycling, reducing waste, and shopping locally were all hot topics.



"Portway is outstanding"

Excited children joined proud parents, teachers and staff in celebrating Portway Primary School's outstanding OfSTED inspection report.

Hundreds of balloons bearing cards with the message "Portway is outstanding" decorated the sky, while children celebrated their achievements with a fun-packed day, including bouncy castles, face painting, sporting activities,

cakes and ice cream.

OfSTED inspectors graded Portway outstanding in all categories.

Maggie Van Loan, headteacher, said: "I am delighted with the outcome of the inspection. The judgments reflect the hard work and commitment shown by the team of staff, pupils, parents and the wider school community."



"I am delighted with the outcome of the inspection. The judgments reflect the hard work and commitment shown by the team of staff, pupils, parents and the wider school community."

NEWHAM » IN FOCUS



Newham kids take part in North West StreetGames

Great Britain and St Helens Rugby League star Paul Sculthorpe launched the 2007 North West StreetGames at East Manchester Sportcity last month.

More than 1,000 young people from 13 inner city areas across the North West, many of whom play little or no sport at all, took part in the day-long sports festival.

A guest team of 40 young people from Newham also attended this year, as representatives of one of the host boroughs for the 2012 Games. The youngsters saw first hand some of the benefits that the hosting of major sporting events can bring and what they might expect following the Olympics. Newham competed in basketball, futsal, handball and cheerleading.

The 2007 StreetGames has also had the full backing and support of recently appointed Minister for Sport, Gerry Sutcliffe, who said: "StreetGames is a fantastic programme that offers young people from disadvantaged areas the chance to do more sport - such as football, athletics and basketball - and lead a more active lifestyle."



ALL ABOARD FOR UNIVERSITY!



Children attending the summer tennis camps at Langdon City Tennis Club have been protected from the elements by a donation from London City Airport.

Marquees and windbreakers installed by the airport have been shielding budding tennis stars from the summer sun (and rain!) in the recent unpredictable weather.

The children, who range from six to 18 years old, take

More fun at tennis camps



thanks to City Airport



much-needed breaks under the marquees to recuperate, ready for their next set of tennis.

Pat Hector, Langdon City Tennis Club development officer, said: "We rely on support from local businesses and the marquees are a perfect addition to our equipment, which enables us to runs such a popular tennis club. The marquees will be used come rain or shine!"

To find out more about tennis in your local area call Newham Council on 020 8430 2484.

RUN to make poverty history

Newham Make Poverty History brings together local groups working to alleviate extreme poverty in Africa and Asia.

It is organising the annual 5km Forest Run/Walk on 30 September in Wanstead Park.

To register, call or text 07717 834685 or email funrun@hotmail.co.uk

Student Ambassadors from the University of East London (UEL) have been out and about in Newham, raising awareness among residents of programmes on offer at UEL.

Students Holly Jeffrey of Stratford and Tessa Alexis, from Tower Hamlets, enjoyed a whistle-stop tour of some of Newham's most celebrated landmarks in one of 16 new liveried taxis.

They travelled from UEL's Docklands campus to Stratford Station via Beckton Globe Library, Newham Town Hall, West Ham United's stadium at Upton Park, Stratford's cultural quarter and UEL's Stratford campus, talking to people and handing out information.

Tessa, a student on UEL's combined honours degree in Fine Art and Digital Arts and Moving Image, said: "It's been a great afternoon; we've seen some really interesting places and hopefully inspired hundreds of people to think about coming to university."

Celebrate your culture

Newham Multiculture Organisation For All Nations is a group where anyone can celebrate their own culture with people from other cultures. If you would like to find out more, contact Samar Hamdani on 07939 806 987.



St Bonaventure's School in **FOREST GATE** has been used as one of six case studies for a national document entitled Faith in the System, produced by the Department for Children, Schools and Families.

The document publicises the role schools with a religious character play in English society.

To find out more visit www.dfes.gov.uk

BECKTON backs community safety event

Free personal safety alarms were one of the popular aspects of the **BECKTON** Community Forum feel safe, be safe event on Saturday 8 September.

More than 200 people including Deputy Mayor Councillor Christine Bowden and Councillors Patrick Murphy, Alec Kalloway and Ayesha Chowdhury, attended the event at Kingsford Community School.

They got tips about personal safety, met their Safer Neighbourhoods Team and took part in workshops on home security and conflict mediation.

Young people made badges and had a go at T-shirt painting, with many creating powerful designs about knife and gun crime.

Community Lead Councillor for Beckton, Patrick Murphy, said: "It was a really successful event and there was an excellent mix of information and fun activities. It was good to hold the event at Kingsford Community School and involve students, teachers and parents in the day. This is another positive step towards building safer and stronger communities."

TOP PIC: Young people express their views through art. BOTTOM PIC: Residents show off their new personal safety alarms to Beckton Community Forum chair Mahmood Akhtar and Community Lead Councillor Patrick Murphy.



NEWHAM'S OVER-50s ARE LIVING LIFE TO THE FULL

Mayor of Newham Sir Robin Wales tried his hand at bowls when more than 500 people from the borough's 50-plus generation showed him how they are living life to the full.

Residents flocked to a free event at **STRATFORD** Park in West Ham Lane to enjoy a host of activities that included tai chi, bowling, alternative therapies, art workshops and a tea dance.

It was arranged by the council for older people to try something different, learn something new or discover more about the different activities that go on in the borough.

The Mayor tried a game of bowls with fellow councillors Jo Corbett, Pat Sheekey, Ron Manley and Joy Laguda, executive member for older people.



Sir Robin with older people at the event

Kids' corner

Gallery

Winner

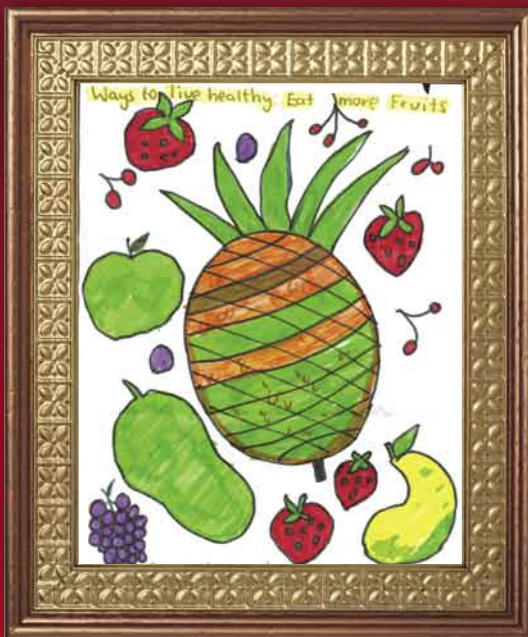


Imzy Haque, 12

Winner



Rushil Bansal, 4



Asel Kumarasinghe, 12



Sophiya Montaqim, 7



PLEASE SEND YOUR
DRAWINGS, JOKES AND
POEMS TO:
KIDS' CORNER,
NEWHAM TOWN HALL,
EAST HAM E6 2RP

Poem

The Caterpillar by Rajni Kaur, 9

Brown and furry,
Caterpillar in a hurry.

Take your walk,
To the shady leaf or stalk.

Or what not,
Which may be your chosen spot.

No toad to spy you,
Hovering bird of prey pass by you.

Spin and die,
To live again as a butterfly.



Spot the difference

How observant are you? Look closely
at the picture on the left, then study the
picture on the right to find ten differences.



Thames Barrier Park is open from 7am-7.30pm
The Prime Coffee Shop is open from 10am daily

Sponsored by Thames Barrier Park, North Woolwich Road,
London E16 www.thamesbarrierpark.org.uk

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Solution: 1. Some of the dates on the calendar have disappeared. 2. One of the squares at the back is now black. 3. The woman's mouth has changed its down leaves. 4. The shovel has lost its handle. 5. The lampshade's wire is thinner. 6. One of the buttons on the chair has disappeared. 7. The plant has lost one of its down leaves. 8. One of the tassels on the carpet has disappeared. 9. The calendar has lost its loop. 10. The switch beside the plug has disappeared.

We hope you enjoyed this year's summer events

Mayor's Newham Show	47,000 people
Under the Stars	36,000 people
Film Nights	6,000 people
Football competitions	1,200 people

Newham: organising free events for you

If you have any suggestions for events in Newham, please contact the **Mayor of Newham Sir Robin Wales** at **Newham Town Hall, Barking Road, East Ham E6 2RP** or email mayor@newham.gov.uk

WHAT'S ON?



22 SEPTEMBER – 6 OCTOBER

LIBRARIES

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696
Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647
The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101
Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900
Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890
Archives and Local Studies: 020 8430 6881

UNDER 5s GROUPS

Storytelling – Stories, rhymes and crafts for children under five with their parents and carers.
Beckton Globe Every Friday 10-11am
Canning Town Every Monday 10.30-11.30am
Custom House Every

Tuesday 10.30-11.30am
East Ham Every Wednesday 2-3pm
The Gate Every Friday 11am-12noon
Green Street Every Thursday 10.30-11.30am
Manor Park Every Thursday 10.30-11.30am
North Woolwich Every Friday 11am-12noon
Plaistow Every Tuesday 11am-12noon
Stratford Every Tuesday 11am-12noon and every Friday 2-3pm
Crafts Club – Open to children under five with their parents and carers.
Manor Park Every Tuesday 10.30-11.30am
Stratford Every Monday 10.30-11.30am
Toy Library – Open to children under five with their parents and carers.
Beckton Globe Every Monday 10am-12noon and every Thursday 1-3pm
East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon
Messy Play – Open to children under five with their parent and carers.
Beckton Every Tuesday during school term 1.30-2.30pm
Imaginative Play – Open to children under five with their parents and carers.
East Ham Every Friday 10.30-11.30am

ADULT READING

Adult Reading Group – Explore the pleasure of reading in a friendly environment.
The Gate Tuesday 2 October 6.30-7.30pm
Over 50s Reading Group – Explore the pleasure of reading in a friendly environment.
Beckton Tuesday 2 October 9.45-11.45am
Plaistow Thursday 4 October 6.45-7.45pm

OTHER GROUPS

Over 50s Club – Enjoy a range of activities for the over 50s.
Beckton Every Tuesday 9.45-11.45am
Click-On – Free introduction to computers for the over 50s.
North Woolwich Friday 5 October 10am-12noon and 2-4pm
Open Doors – Free computer training on disability access suite and software.
Canning Town Tuesday 25 September 10am-12noon
Writers Group
East Ham Thursday 4 October 5.30-7.45pm

YOUNG PEOPLE

Homework Club – Homework support and

advice for young people aged seven to 14. School term only.
Beckton Every Tuesday 4-6pm
Canning Town Every Saturday 10am-12noon
Custom House Every Saturday 10am-12noon
East Ham Every Monday 4-6pm
The Gate Every Thursday 4-6pm
Green Street Every Tuesday 4-6pm
Manor Park Every Saturday 10am-12noon
North Woolwich Every Thursday 3.30-5.30pm
Plaistow Every Thursday 4-6pm
Stratford Every Monday 4-6pm



I'm going to try out the Click-On group and learn some computer skills.

Deaf Children's Homework Club – Homework support and advice for young people aged five to 12 with hearing impairment. The sessions are supported by a BSL signer. School term only.
The Gate Saturday 6 October 10am-12noon

LIVE LIFE



Congolese Women's Association Saturday School – This is a children's French-speaking group. School term only.

The Gate Every Saturday 1-4pm

Children's Games Club – Board games and activities for children aged five to 12.

Canning Town Thursday 27 September 4-6pm

Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged eight to 13.

Custom House Every Tuesday 3.30-5.30pm

East Ham Every Tuesday 3.30-5.30pm

Manor Park Every Thursday 4-6pm

Family Reading Group – A chance for children aged five to 11 and their families to read together and have fun.

The Gate Sunday 7 October 2.30-4pm

Children's Reading Group – Explore the pleasure of reading in a family friendly environment.

Canning Town Thursday 4 October 4.30-5.30pm

Teen Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged 12 to 16.

Beckton Every Monday and every Wednesday 3-5pm

Teen Xtra Evenings – Free activities for young people aged 12 to 21.

The Gate Every Friday 6-8pm

ESTATE BASED SPORTS

Leyton Orient Community Sports Programme will be resuming its estate based sports sessions this month. These FREE sessions are open to 12-18 year olds unless otherwise stated and are for all abilities.

Athletics

Every Friday
4.30-6pm, 8-19 years
Drapers Field

Basketball

Every Monday 7-9pm
The Froud Centre
Every Tuesday 5-7pm
Royal Victoria Gardens Ball Cage
Every Tuesday 7.30-9.30pm
Plaistow Park
Every Friday 5-6.45pm
Forest Gate Youth Centre

Cricket

Every Tuesday 5.30-7pm, 8-19 years
Score Indoor Complex
Every Thursday 4.30-6pm, 8-19 years
Drapers Field

Football

Every Monday 6-8pm
Plaistow Park
Every Tuesday 5.30-7.30pm
Little Ilford Ball Cage

Every Tuesday 5-7pm
Stratford Park
Every Tuesday 5-7pm
Phoenix Cage
Every Wednesday 4.30-6.30pm
Royal Victoria Gardens
Every Wednesday 5-7pm, 8-19 years
Stratford Park
Every Wednesday 7.30-9.30pm, 16+ (£2 charge)
Score Complex
Every Thursday 5-7pm
Scud Park Ball Cage
Every Thursday 6-8pm
Forest Gate Youth Centre
Every Friday 4-5.30pm (term time only)
St John's Community Centre
Every Friday 6-8pm
Priory Park Ball Cage
Every Saturday 10-11.30am, 6-12 years (£3 charge)
Drapers Field
Every Saturday 2-4pm, 6-14 years (£3 charge)
Score Complex

Estates Football and Basketball League

Every Monday 6-8pm, under 14s and under 17s
Score Complex Hard Court
Every Tuesday 5.30-7pm, under 12s and under 14s
Drapers Field
Every Friday 6-8pm, under 14s and under 17s
Leyton Manor Park



I already play football but I'm going to try basketball too.

Football and Basketball

Every Monday 4.30-6.30pm
Winsor Park
Every Wednesday 5-7pm
New Beckton Park Ball Cage
Every Wednesday 4.30-6.30pm





Canning Town E16
 Stratford Park
 Densham Road, Stratford E15
 St John's Community Centre
 Albert Road,
 North Woolwich E16
 Winsor Park
 Warwall, Beckton E6

COMMUNITY EVENTS

Ford Park
Every Wednesday
 6-8pm
 Plashet Park
Every Thursday
 4.30-6.30pm
 Priory Park Ball Cage
Every Thursday
 5.30-7.30pm
 Barking Road Rec
Every Friday
 5-7pm
 Lister Gardens Park
Every Friday
 5-7pm
 Canning Town MUGA

Multi-Sports

Every Monday
 5-7pm, 8-19 years
 Langthorne Park
 Every Monday
 5-7pm, 8-19 years
 Alma Street MUGA
 Every Tuesday
 4-5pm
 Carpenters and Docklands
 Centre (term time only)
 Every Tuesday
 5-7pm, 8-19 years
 Stratford Park
 Every Wednesday
 4-5pm
 Carpenters and Docklands
 Centre (term time only)

Every Wednesday
 5-7pm, 8-19 years
 The CAGE (Chatsworth Active
 Games Enclosure)
Every Wednesday
 5-7pm
 Stratford Park
 Every Wednesday
 4-6pm, 10-19 years
 Cann Hall Park
Every Wednesday
 5-7pm, 8-19 years
 Major Road Ball Park
 Every Thursday
 5-7pm, 8-19 years
 The CAGE

Venue Addresses

Alma Street MUGA
 Alma Street, Stratford E15
 Barking Road Rec
 Burges Road, East Ham E6
 The CAGE (Chatsworth Active
 Games Enclosure)
 Cruickshank Road,
 Stratford E15
 Can Hall Park
 Off Can Hall Road, E11
 Canning Town MUGA
 Corner of Freemasons Road
 and Sophia Road, E16
 Carpenters and Docklands
 Centre
 98 Gibbins Road, Stratford
 E15 2HU

Drapers Field
 Temple Mills Lane, off Leyton
 High Road, E15
 Ford Park
 Canning Town, E16
 Forest Gate Youth Centre
 Woodgrange Road, E7
 Froud Centre
 Toronto Avenue,
 Manor Park E12
 Langthorne Park
 Off Leytonstone High
 Road, E11
 Leyton Manor Park
 Off Capworth Street,
 Leyton E10
 Lister Gardens Park
 Corner of Upper Road and
 Florence Road, Plaistow E13
 Little Ilford Ball Cage
 Reynolds Avenue,
 Manor Park E12
 Major Road Ball Cage
 Major Road, Stratford E15
 New Beckton Park Ball Cage
 Savage Gardens, Beckton E6
 Phoenix Cage
 Milner Road, West Ham E13
 Plaistow Park
 Balaam Street, Plaistow E13
 Plashet Park
 Woodhouse Grove,
 East Ham E7
 Priory Park Ball Cage
 William Morley Close, Upton
 Park E13
 Royal Victoria Gardens
 Pier Road,
 North Woolwich E16
 Score Complex
 100 Oliver Road
 Leyton E10 5JY
 Scud Park Ball Cage
 Tant Avenue,

Gemini Square Dancing Club

Beginners or experienced
 dancers welcome, partners
 not essential. £3 per session
 including refreshments and
 first night is free! For more
 information contact Shirley
 020 558 4230 or email
 regandmargaret@hotmail.com
 Every Monday, 8-10.30pm
 (not bank holidays)
 Chandos Community Centre



Yoga at the Hub

Yoga is a combination of
 breathing techniques, stretch,
 workout, relaxation and
 meditation. These classes
 are open to all abilities. £3
 per session (£2 unemployed),
 discounts available for the full
 course. For more information
 please contact: healthy.hub.
 club@gmail.com or
 07761 770 997

Every Monday, 12noon-1pm
 until October 22

The Hub, 123 Star Lane,
 Canning Town E16 4PZ





Bingo

£3.20 including refreshments.
Cash prizes.
Every Friday 1.30-3.30pm
Durning Hall, Earlham Grove
Forest Gate E7 9AB

Bonny Downs Community Association Sports Activities

Indoor Cricket

Ages 8-12, £1
Every Monday, 3.30-4.45pm

Modern Dance

Age 6-12, £1
Every Wednesday,
3.30-4.45pm

Drama

Ages 6-12, £1
Every Tuesday, 3.30-4.30pm

Street Dance

Ages 6-12, £1
Every Monday, 5-6pm

Self-defence

Ages 5-12, £1
Every Wednesday, 5-6pm
Ages 12-16, £1
Every Wednesday 6-7pm

Badminton

Children and adults, £1
Every Monday, 6-7.30pm

Belly Dancing

Women only, £2
Every Monday, 7.30-8.30pm



Body Blitz

Women only, £2
Every Tuesday, 7.30-8.30pm

Yoga

Adults only, £2
Every Wednesday,
7.30-8.30pm

Badminton

Adults only, £6 per court
Every Monday, Tuesday and
Wednesday, 8.30-10pm

*All sessions are held at
Vicarage Primary School,
Vicarage Lane, East Ham E6
6AD. Telephone 020 8586
7070 for more information.*



USEFUL NUMBERS

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councillor surgeries or to
find out which ward you
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or visit www.newham.gov.uk/yourcouncillor**

Write to Mayor Sir Robin
Wales at Newham Town
Hall, Barking Road, East
Ham E6 2RP or email
mayor@newham.gov.uk

**For information about
Community Forums
freephone 0800 519 4015
or email [community.
forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)**

For information about the
2012 Games and how it will
affect Newham, visit [www.
newham.com/2012Games](http://www.newham.com/2012Games)

**To report anti-social
behaviour call Newham's
24-hour hotline on
0800 731 3300**

To speak to the editor of
The Newham Mag, call
Jen Bishop on 020 8430
2000 or email [newham.
mag@newham.gov.uk](mailto:newham.
mag@newham.gov.uk)



STUDENTS CROSS THE GLOBE TO **STUDY** IN **NEWHAM**



Thousands of new students have been taking part in an exciting programme of events while settling in to student life at the University of East London (UEL).

The students, including several hundred Newham residents, have enjoyed music, dance and carnival performances, healthy cooking demonstrations, stalls and exhibitions. The Fresher's Fayre organised by UEL Students' Union featured clubs and societies comedy and club nights, barbecues and theme parties at UEL's Docklands and Stratford campuses.

"It's been a great first week," said Jacqueline Bourne, UEL Student Union's student activities organiser. "Coming to university can often be daunting for new students, especially those leaving home for the first time, so we wanted to put on a special celebration to help everyone get to know each other and feel immediately welcome."

UEL is truly a global community, with more than 20,000 students from more than 120 countries worldwide.

SURVIVING FRESHERS' WEEK – TOP TIPS FOR NEW STUDENTS

DO:

1. Everything! While this may not be physically possible, it is a good idea. This is the one week where you can really let your hair down, take part in new things, and generally enjoy being a typical student before more pressing concerns take over.
2. Talk to everyone. It's a cliché, but everyone is in the same boat.
3. Try and remember names (even if no-one can remember yours). After this week you may not see half the people you meet again, but it's nice to remember names and they could be useful in the future.
4. Remember to ring your parents. Hourly reports may not be entirely necessary but, believe it or not, they will actually miss clearing up after you, regardless of what they may say.
5. Enjoy yourself! Make freshers' week one to remember. Take plenty of photos that you can use to embarrass your mates in years to come.

DON'T:

1. Try and be someone that you aren't. While it is all too tempting to put on an act, invent an amazing past, or create a whole new persona for yourself, people will soon see through you.
2. Spend the whole week talking about or, even worse, to your mates back home. Everyone gets homesick and has a moment or two when they want to be reminded of home, but it is important to look forward, not hang onto the past.
3. Earn yourself a reputation. Remember, you have the whole year to develop a decent and fitting nickname.
4. Upset your new neighbours. Try and be considerate.
5. Blow your entire student loan. Although it may be tempting to buy up the whole of Asda, offer to buy rounds for all your new best friends, and create a new wardrobe courtesy of the lovely cheque now sitting pretty in your usually-empty bank account, do try and show some restraint.
6. Forget to enjoy yourself!

'I've really enjoyed this event, I'm going to the next!'

'I've really discovered my local area'



'I love this time of year'

'I feel great when I walk'

get together
and go

run or walk, meet and talk

Join in and be part of what's going on

We've mapped out some amazing routes that explore your local area.

Whether you run or walk it's a great way to meet new people and discover what's on your doorstep.

Come along and get a **FREE*** lunch if you take part.

*subject to availability, lunch from 12:15pm-2.30pm (3k) / 3pm (5k).

Newham 
Primary Care Trust



Newham University Hospital NHS Trust and
Newham Primary Care Trust

For more information or to register
your place please

call **07983 579 236** or visit
www.newham.com/2012Games



ACCESS INFORMATION

Part of this event is on grass.
BSL interpreter will be present.

3K

Just turn up 11:30-1:30pm

Saturday 22 September
Memorial Recreation Ground
Memorial Avenue, Stratford E15

Sunday 30 September
Canning Town Recreation Ground
Prince Regent Lane, Custom House E16

Saturday 6 October
Plashet Park
Plashet Grove, Forest Gate E7

5K

**Just turn up 11:30-1:30pm
or pre-register online**

Saturday 20 October
West Ham Park
Upton Lane E7

FREE 3K and 5K events

**LIVE
LIFE**